

Newsletter January 2025

1 message

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ISBNPA

Mental Health and Wellbeing SIG

In the newsletter

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Newsletter January 2025

ISBNPA Mental Health and Wellbeing SIG

WELCOME TO OUR JANUARY NEWSLETTER

Dear ISBNPA Members,

I'm delighted to welcome you to the inaugural newsletter of the Mental Health and Wellbeing Special Interest Group. We've been energized by the growing recognition of lifestyle behaviors' crucial role in mental health and wellbeing research which led to our official launch as a SIG in June 2024.



As the SIG Chair, I'd like to introduce myself. I'm Dr Jacinta Brinsley, a Research Fellow at the University of South Australia. My journey in this field began as a clinical exercise physiologist, leading to my doctoral research exploring yoga as a mindful exercise intervention for mental health. Currently, my work focuses on lifestyle-based interventions for mental health promotion and prevention, with a

particular emphasis on youth engagement and co-designed translation methods, including gamification approaches.

Our SIG emerges at a critical time when the intersection of physical activity, nutrition, and mental health demands innovative research approaches. Our vision is to stimulate world-leading mental health and wellbeing research in physical activity and nutrition. We're committed to facilitating collaboration among ISBNPA members interested in lifestyle research for mental health, emphasizing behavior change, systems complexity, and implementation science.

Together with a passionate leadership team spanning three continents, we're excited to build connections and strengthen research in this vital field. We invite you to join us as we work to advance behavioural nutrition and physical activity research in the context of mental health and wellbeing through collaboration, education, and implementation science.

Welcome aboard!

Your Chair,
Jacinta Brinsley



MEET YOUR SIG COMMITTEE MEMBERS



MC Frazier (USA)
SIG role: Secretary

Frazier is a PhD Candidate in the Translational Biology, Medicine, and Health Program at Virginia Tech where she works in the Physical Activity and Community Implementation (PARCI) lab. Her research focuses on using dissemination and implementation science for equitable translation of yoga principles and lifestyle

behavior-change strategies to improve holistic health in underserved communities.

Recent publication: Frazier's publication in the *Journal of Applied Gerontology* reveals important considerations for implementing virtually delivered group-based physical activity programs for older adults. Results demonstrate both barriers and benefits of virtual programs, such as technological difficulties and lack of a social component as well as wide accessibility, convenience, and enhanced social comfort.

<https://doi.org/10.1177/07334648241240599>

Masha Remskar (UK)
SIG Role: Communications

Bio: Dr Masha Remskar recently completed her PhD in Behavioural Science at the University of Bath. She researches ways of helping people live more active and happier lives, principally through digital interventions and wearable technology.

Recent publication: Masha's recent publication in the *British Journal of Health Psychology* explored the potential of digital mindfulness training for supporting people in living a healthier lifestyle. It found that people who meditated with a free mobile app for 10 minutes/day felt more positively about looking after their health and were more intent on doing so, which helped explain the benefits to their mental health.



<https://doi.org/10.1016/j.cct.2023.107402>



Dr. Jasmine Petersen (Australia)
SIG Role: Communications

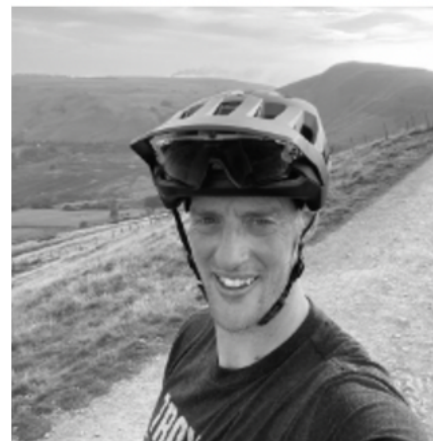
Bio: Dr Jasmine Petersen is a Research Fellow in the Caring Futures Institute, College of Nursing and Health Sciences at Flinders University. She has a background in health psychology and has been involved in projects spanning ageing, mental health, physical activity, sport, eating behaviour, and body image.

Recent publication: Jasmine's publication in *Sport, Education and Society* provides insights into the current promotion of mental health and wellbeing in community sporting settings. The findings indicate that few sporting clubs are supporting mental health, and evidence-based initiatives are infrequently implemented.

<https://www.tandfonline.com/doi/full/10.1080/13573322.2024.2351990>

Dr. Gareth Jones (UK)
SIG Role: Membership

Bio: Dr Gareth Jones is a Research Fellow at the Advanced Wellbeing Research Centre, Sheffield Hallam University, England. Gareth's research interests are in health behaviour change, physical activity, mental health, and whole system approaches to enable folk to lead physically active lives. Gareth's experience includes developing projects and research to benefit children and young people and adults with severe mental ill health.



Recent publication: Gareth recently published a protocol (see [this link](#)) on the delivery of a physical activity intervention within the UK's National Health Service (NHS) to those with severe mental ill health (SMI) called SPACES. This is one workstream of four where we co-produced ([see here](#)) and are testing a scalable physical activity intervention to aid those with SMI to live more active lives. We have now completed the feasibility trial and have moved onto the main, powered, randomised controlled trial. The intervention was deemed acceptable and feasible

by both participants and NHS delivery staff and we are now testing the intervention impact on primary and secondary outcomes.

2025 SNEAK PEAK

Upcoming Webinar (presented in collaboration with Children & Families and Young Adults SIGs): February - STAY TUNED FOR SPECIFICS!

Annual meeting of the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) in Auckland, NZ: June 11-14th

Key Dates

February 2025 Notification of Regular Abstracts acceptance

February 21, 2025 Late Breaking Abstracts close

April 7, 2025 Early Bird Registration ends

ISBNPA MENTAL HEALTH & WELLBEING SIG CONFERENCE GRANT

The Mental Health & Wellbeing SIG Conference Support Fund aims to support emerging researchers who are advancing our understanding of the relationship between lifestyle behaviours and mental health outcomes, and their implementation into real-world settings. This funding opportunity supports PhD candidates and early career researchers to present their innovative work at the ISBNPA conference, fostering international collaboration and knowledge exchange. The fund recognises innovative research that shows potential for real-world impact. By supporting promising researchers, we aim to strengthen our field and nurture the next generation of leaders in behavioural science.

Two successful applicants will receive funding support towards their conference registration up to \$750.00 USD.

Apply here: <https://forms.gle/qtBcALViWEv1Zehq8>



BECOME A MEMBER

Join the Mental Health and Wellbeing SIG mailing list via the email below and we'll keep you up to date with when we're hosting webinars, social events at the Annual ISBNPA conference and other exciting news via our newsletter.

Alternatively, you can become a member of this SIG by going to your membership profile and adding the SIG to your preferences

You can get in touch with us at [\[MENTAL HEALTH AND WELLBEING EMAIL\]](#)

STAY UP TO DATE: FOLLOW US

Keep up to date on recent Mental Health & Wellbeing publications and happenings within the SIG by following us on our various platforms.



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